YOU BELONG HERE

Scope & Sequence
Middle School

Theme: Significance

What is It?, How We Can Lose it, and How We Can Protect It.

Middle school is a time of change as young people begin to explore who they are and where they belong. This curriculum focuses on helping students understand and protect their sense of significance. Lessons build resilience, teach healthy friendship and relationship skills, and create strong community connections that protect against isolation and harm.

This curriculum is divided into 3 mini units:

UNIT 1:
Me and My Place in My Community

This unit focuses on personal identity, diversity, and belonging. Students explore their unique qualities, appreciate diversity in the classroom, and understand how they contribute to a community where everyone has value.

UNIT 2:
Building Resilience and Addressing Threats to Significance

Students learn the importance of resilience and how it helps protect their significance in the face of challenges. Lessons focus on building a toolbox of skills that help them cope with adversity and prevent violence.

UNIT 3:
Consequences of Losing Significance and Addressing Specific Forms of Violence

This unit introduces the dangers of losing significance, such as radicalization, grooming, and unhealthy relationships. Students learn how these threats lead to harmful behaviors and how to protect themselves and others through awareness and safety skills.

UNIT 1: Me and My Place in My Community

	Main Concepts	Objectives
Lesson 1 Who Am I?	Your choices and experiences help shape who you are Everyone in the class is different, and those differences make our community special	1. Recognize the diversity of thought and identity within their classroom by reflecting on differences in choices and experiences. 2. Demonstrate an understanding of how internal and external factors shape identity. 3. Express their unique qualities and perspectives by participating in a collaborative art project.
Lesson 2 Forming Community Agreements	Rights and responsibilities work together to create safe communities. Empathy helps you understand how your actions affect others. Calling someone in with respect helps them learn and keeps their dignity.	1. Define social emotions and analyze their impact on behaviors. 2. Explain the connection between individual rights and responsibilities within a community, using the Rights of Children declaration as a framework. 3. Demonstrate an understanding of rights and responsibilities by collaboratively creating classroom agreements.

Lesson 3 Why and How Do We Connect?	The groups you belong to can affect how you see and judge others Stereotypes are unfair because they don't recognize each person as an individual Finding things in common with people who seem different helps build connection	1. Analyze how social identity influences perceptions and behaviors toward in-group and out-group members. 2. Define bias and stereotypes and explain their impact on judgments and relationships. 3. Identify cross-cutting identities and discuss how they can bridge divides between different social groups.
Lesson 4 Connection Through Kindness	Your brain can grow and change when you practice new skills Acts of kindness help you feel connected to others Practicing kindness strengthens your brain and your relationships	1. Describe the concept of neuroplasticity, understanding how the brain can change and adapt through experiences. 2. Explain how acts of kindness can positively affect brain development and enhance personal well-being. 3. Demonstrate how kindness creates connections with others.
Lesson 5 Perfectly Imperfect: Building a Belonging Community	Everyone makes mistakes and has quirks that make them unique Belonging means being accepted for who you really are	1. Distinguish between fitting in and belonging. 2. Recognize that imperfection and making mistakes are part of being human and shared by everyone. 3. Apply understanding of belonging to envision and design a school community where everyone is accepted as they are.

UNIT 2: Building Resilience and Addressing Threats to Significance

	Main Concepts	**Objectives**
Lesson 6 Significance and Building Resilience	Feeling significant means feeling valuable and important Resilience is the ability to bounce back from challenges Practicing resilience habits helps you feel strong when things are hard	1. Define significance and identify what gives them a sense of purpose. 2. Understand how resilience can help protect one's sense of significance during challenges. 3. Explore and practice resilience-building habits by choosing activities from various stations and incorporating them into daily or weekly routines
Lesson 7 Digital Wellbeing	Social media can affect how you feel about yourself Comparing yourself to others online can hurt your mental health Taking breaks from screens and practicing healthy habits protects your well-being	1. Recognize phone habits and social media trends that can negatively impact mental health. 2. Create and present a digital well-being plan using practical strategies to manage social media use.
Lesson 8 Cyberbulling	Bullying, harassment, and cyberbullying hurt people and make them feel unsafe Being an Upstander means standing up for others in safe and helpful ways Everyone has a role in creating a community where people feel safe and supported	1. Identify cyberbullying behaviors and differentiate between cyberbullying and in-person bullying. 2. Analyze cyberbullying scenarios and apply intervention strategies through group discussions and poster creation.

Lesson 9 Rejection and Social Pain	Rejection can hurt your feelings and even feel like physical pain You can respond to rejection in ways that are helpful or harmful Using resilience habits helps you cope with rejection in healthy ways	1. Recognize the effects of rejection both physically, emotionally and behaviorally. 2. Categorize behaviors as prosocial, asocial, or antisocial. 3. Identify resilience strategies to handle rejection in healthier ways. 4. Analyze the consequences of different responses to rejection
Lesson 10 Mental Health & Illness	Mental health is something everyone has, just like physical health Mental illness is when someone struggles with their mental health and may need extra support Recognizing warning signs and asking for help can save lives	1. Recognize common mental illnesses and their effects on significance and well-being. 2. Identify warning signs of self-harm and suicidal ideation. 3. Understand the role of stigma in preventing help-seeking behavior and propose ways to reduce it. 4. Recall and apply resilience tools to their Belonging Blueprint projects, demonstrating how these tools can enhance mental and emotional well-being in their school.

UNIT 3: Consequences of Losing Significance and Addressing Specific Forms of Violence

	Main Concepts	**Objectives**
Lesson 11 Lacking Belonging, Losing Significance	Everyone needs to feel connected and like they belong Feeling isolated or left out can lead to hurt, and even harmful choices Including others and showing empathy helps prevent isolation and builds community	1. Define the concepts of isolation, alienation, and polarization and explain how these feelings impact individuals and communities. 2. Analyze how isolation, alienation, or polarization can contribute to harmful behaviors, including violence or self-harm. 3. Propose strategies that individuals and communities can use to support people experiencing feelings of isolation or alienation.
Lesson 12 Grooming: Who Do We Trust Online?	Grooming is when someone builds trust to harm or take advantage of you Grooming can happen in person or online Recognizing warning signs and telling a trusted adult keeps you and others safe	1. Identify online grooming tactics by predators and recognize the associated risks and dangers, including how technology and AI are used in this process. 2. Apply media literacy and safety tips to reduce vulnerability to online grooming and other predatory tactics. 3. Identify a safe, trusted adult they could speak to about unsafe or uncomfortable situations online.
Lesson 13 Radicalization and Media Literacy	People who feel they have lost significance are more vulnerable to manipulation Extremist groups use grooming tactics to recruit people who feel isolated Thinking critically about online	1. Understand the concept of radicalization and the role grooming may play in this process. 2. Analyze how polarization and feelings of alienation can make individuals more vulnerable to

	content helps you recognize when someone is trying to influence you	extremism. 3. Develop media literacy skills to evaluate and critically assess online content to avoid misinformation and radicalization efforts.
Lesson 14 Relationship Behaviors	Healthy relationships are built on respect, trust, and kindness You have the right to set boundaries and say no Recognizing unhealthy or harmful behaviors in relationships helps you seek help and stay safe	1. Distinguish between healthy and unhealthy behaviors in relationships, understanding when to pause and set boundaries. 2. Understand the importance of mutual respect, equality, and consent in healthy relationships. 3. Recognize when to seek help in situations involving harmful behaviors, like power and control, and identify trusted adults to turn to for support.
Lesson 15 Communication and Conflict Resolution	Setting boundaries helps you protect your physical space, emotions, and time Assertive communication means expressing your needs with respect and confidence De-escalation strategies help you manage conflicts calmly without violence	1. Understand and explain the importance of assertive communication and boundary-setting in resolving conflicts. 2. Apply the seven de-escalation techniques by acting out responses to conflict scenarios in the board game.

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Lesson 16
A Blueprint for
Belonging

Taking action to support others helps everyone feel significant and connected

1. Understand and explain the importance of assertive communication and boundary-setting in resolving conflicts.

2. Apply the seven de-escalation techniques by acting out responses to conflict scenarios in the board game.